



## Healthy Weight, Nutrition, and Physical Activity

### Adult BMI Calculator



COVID-19: Obesity May Increase Risk for Severe Illness

#### Adult BMI Calculator - Results

[Recalculate BMI](#)

For the information you entered:

Height: 6 feet, 2 inches

Weight: 322 pounds

Your BMI is 41.3, indicating your weight is in the Obese category for adults of your height.

For your height, a normal weight range would be from 144 to 194 pounds.

People who are overweight or obese are at higher risk for chronic conditions such as high blood pressure, diabetes, and high cholesterol. Anyone who is overweight should try to avoid gaining additional weight. Additionally, if you are overweight with other risk factors (such as high LDL cholesterol, low HDL cholesterol, or high blood pressure), you should try to lose weight. Even a small weight loss (just 10% of your current weight) may help lower the risk of disease. Talk with your healthcare provider to determine appropriate ways to lose weight.

For information about the importance of a healthy diet and physical activity in reaching a healthy weight, visit [Healthy Weight](#).

BMI Healthy Weight

BMI	Weight Status
Below 18.5	Underweight
18.5 — 24.9	Normal
25.0 — 29.9	Overweight
30.0 and Above	Obese

#### Related Resources

- [What is BMI?](#)
- [How is BMI used?](#)
- [What are the BMI trends for adults in the United States?](#)
- [Why is BMI used to measure overweight and obesity?](#)
- [What are other ways to assess excess body fatness?](#)
- [How is BMI calculated?](#)
- [How is BMI interpreted for adults?](#)
- [Is BMI interpreted the same way for children and teens as it is for adults?](#)
- [How good is BMI as an indicator of body fatness?](#)
- [If an athlete or other person with a lot of muscle has a BMI over 25, is that person still considered to be overweight?](#)
- [What are the health consequences of obesity for adults?](#)

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